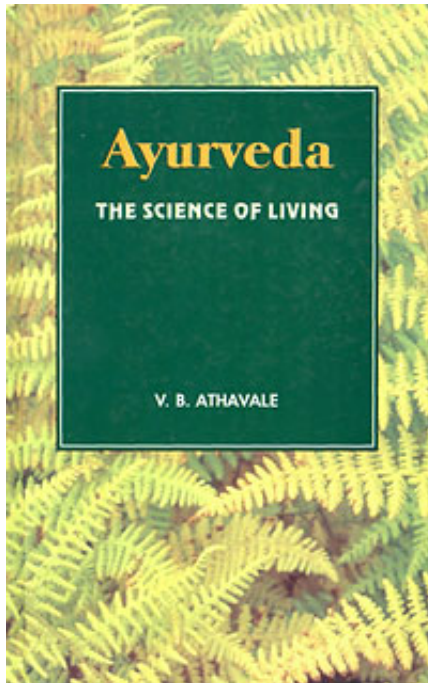


V.B. Athavale Ayurveda

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DAILY REGIMEN

A man wishing to be healthy throughout his life has to be healthy everyday as well. Health depends on how one spends each day. Controlled and guided activities of body and mind are essential for maintaining sound health. The ideal way in which a healthy person with a well balanced constitution or *sama-prakriti* should spend his day is described in this chapter. The physician should modify the rules according to the constitution or the diseased state of the sick.

TIME TO WAKE UP

A healthy person should rise early in the morning, i.e. four *ghatika* or ninety six minutes before sunrise. At this time, the mind is fresh and the surroundings calm and quiet. Hence, one can concentrate on meditation, prayers or studies. Immediately after getting up, one should pray to God for acquiring mental strength. This period is called *brahma muhurta* because this is the best time for meditation which is the means of acquiring *brahma-jnana*, i.e. supreme knowledge and eternal happiness.

A person with *pitta* and *vata* should rise later than the prescribed time by about one and two hours respectively. On the other hand, a person with *kapha* constitution should wake up earlier by about an hour. One should not wake up children, pregnant ladies and aged persons as they require more sleep. The aged should lie down in bed even if their natural sleep is over as they require physical rest.

MORNING ABLUTIONS

Bladder and bowels should be emptied regularly after waking up in the morning as the autonomic reflexes are naturally active at this time. This gives a sense of relief and

makes one feel more energetic. Regular bowel habits help one to prevent borborygmy, distension and heaviness in the stomach. One should never suppress the natural urge to pass urine or stools as it can lead to many diseases as mentioned in the chapter on 'Suppression of Natural Urges'. After the bowel movements one should clean up the anus, hands and feet thoroughly well as it helps to prevent many diseases and keeps the body and mind clean.

Constipation : White collared persons in cities with sedentary habits commonly suffer from constipation and its associated symptoms.

A person with *vat a* constitution usually suffers from constipation and gets dry and hard stools. Such a person should take plenty of ghee, oils and milk and take oil massage daily. He should also take oil enema with two oz. of *tila* oil (*anuvasan basti*). If necessary, he should take oily purgatives such as castor oil and liquid paraffin, etc. In mild cases, taking internally two to four teaspoonfuls of warm ghee with two pinches of *saindhav* salt before meals is helpful.

Persons with *kapha* constitution have sluggish bowels which is the chief cause of constipation. Such persons should take regular exercise and eat leafy vegetables. Evacuation enema, i.e. *niruha basti* should be taken, if indicated. *Haritaki* or *triphala* powder in doses of one to two teaspoonfuls should be taken before meals.

Diet

Leafy vegetables, oil, ghee, butter, milk, guavas, figs, grapes, bananas, resins, dates (*kharik*) and pulses help to relieve constipation.

Avoid

Excessive tea and coffee. One should not suppress or artificially induce natural urge for bowel movements.

Household remedies for chronic constipation :

- Dates two to five, butter one to two teaspoonfuls and pepper one to five seeds should be mixed together and chewed early in the morning. This is followed by drinking one cup of milk with sugar.
- A handful of dried black grapes (black currants) should be soaked in water overnight and eaten next morning with a cup of milk and sugar.
- *Amalaki* powder one to two teaspoonfuls, butter one to two teaspoonfuls and a little quantity of sugar should be taken before 4 dinner.

WASHING THE FACE

Face and eyes should be washed by medicated cold water, warm decoction or medicated milk prepared by soaking or boiling the bark or of the banyan, *ashvattha* (*pimpal*), or *udumbara* tree, *lodhra* and *amalaka* in water or milk. Persons with thin, delicate, red and warm skin should use medicated cold water or cold milk. Persons with dry, rough skin should use warm medicated milk. Persons with oily or oedematous face should use warm decoction of medicines in water.

Washing the face helps to get rid of pimples and skin diseases on the face. It prevents any bleeding tendency of facial skin and gives lustre to the face.

WASHING HANDS

One should wash hands whenever one touches another person, after cleaning the discharges from the eyes or nose, after touching trimmed hair or nails, before and after taking meals, after waking up from sleep, before worshipping God and after returning home.

TEETH

Animals never clean their teeth. Probably man in ancient

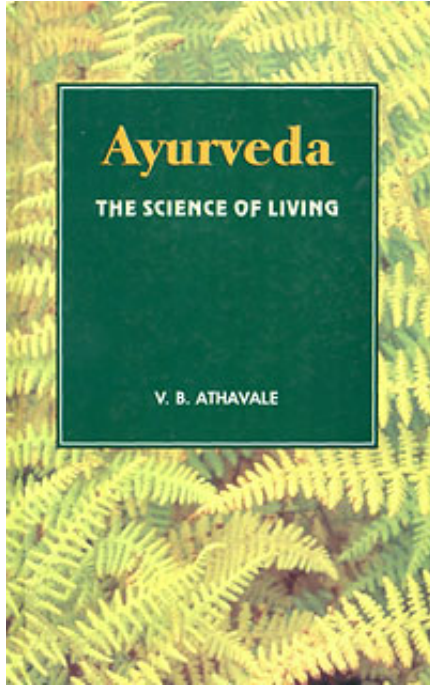
times also never cleaned his teeth as his food contained a lot of hard and rough substances which had a natural cleansing action on teeth. With the development of civilization, man started using more and more cooked food and hence, the need to chew the food grew less and less. As a result, the third molars have become a vestigial structure in most persons. The cooked food sticking to the dental crevice serves as a good medium for bacterial growth. Therefore, it is essential to clean' and brush the teeth in the morning after getting up and after lunch and dinner or after eating anything for that matter.

The tooth brush should be rotated over the gums and the teeth in a vertical manner, i.e. from below upwards in the lower jaw and from above downwards in the upper jaw. Side to side brushing should be avoided as it may damage necks of teeth and also the gums. One should vigorously rinse and gargle the mouth after brushing the teeth, as well as after eating any food.

Cleaning the Teeth

A soft brush can be made by biting and chewing the tips of fresh stems of *arka* (madar), *nyagrodha* (banyan), *khadira* (catechu), *karanja*, *arjuna* or *katunimba*. Mastication of stems acts as a good exercise of the teeth and gums. It also causes attrition of biting surfaces which get levelled out.

The stems mentioned should be healthy, soft, straight without any leaves and knots and picked from a tree growing in a clean place. The stems should not be dry or sticky or foul smelling. A stem should be one finger in breadth, ten-twelve fingers in length and should have bitter, pungent or astringent taste. The stem should be chewed until it is broken up. These three tastes neutralize the *bodhaka kapha* and help to clear the viscid mucoid secretions in the mouth. A person with *pitta* constitution should use a bitter stem, e.g. *katunimba* or *arjuna*. A person with *vata* or *vata-pitta* constitution should use a stem



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